

A method for resetting the phase of the human circadian clock and for enhancing alertness and performance in humans is disclosed. The method involves the application of non-solar photic stimulation, in the range of 15 to 150,000 lux, to any non-ocular region of the human body during wakefulness or during sleep. Preferably, the photic stimulation has a wavelength within the visible spectrum (~400-750 nm). The method can be used to both delay and advance the circadian clock according to a phase response curve (PRC). The method may also be used for acute/immediate enhancement of alertness and performance. The method is applicable to alleviation of problems associated with "jet-lag", shift work sleep disturbance, and other sleep disturbances involving misalignment of circadian rhythms. The method provides a novel technique for shifting the phase of the circadian clock, and enhancing alertness and performance, using existing, or newly-developed devices.